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WELCOME TO METRO PHILLY

SAM NEWHOUSE, REPORTER

I wish I could live a green lifestyle — who doesn't? But as it happens, living without a carbon footprint is pretty hard. Metro's new monthly article series, "Earthadelphia," will look at the people and organizations helping Philly take the lead in sustainable practices that don't end when tax credits run out or a new president is sworn in. First up: Philly's Sustainable Business Network, which helps companies that pay a fair wage and care about the planet survive and thrive in the era of big-box stores and megacorporations. Read more on page 4 and at **metrophilly.us.**

TRUMP TARIFFS MAY BE TIMED FOR PA ELECTION

1 President Donald Trump has alarmed the Republican establishment and world leaders by threatening tough steel tariffs, a message that might be meant to help defend a congressional seat in Pennsylvania. Some Republican strategists said Trump's tariff threat appeared to be timed, at least in part, to sway voters in the steel country of Pennsylvania, including its 18th District where Republican Rick Saccone and Democrat Conor Lamb are facing off. In a special election on March 13, the two will vie to replace Republican Tim Murphy, who resigned in October in a sex scandal. If Saccone loses, it would be a blow to Trump, the first loss by Republicans of a seat in the House since Trump took office. The results will not affect Republican control of the chamber. Trump is scheduled to visit the Pittsburgh area on Saturday. ***For more on Conor Lamb, turn to page 9.***

EX-TRUMP AIDE SAYS HE WILL REFUSE SUBPOENA

2 Sam Nunberg, a former political aide to President Donald Trump, said on Monday he would refuse to comply with a subpoena to testify before a grand jury in special counsel Robert Mueller's investigation of Russian meddling in the 2016 election. "I'm not going to cooperate," Nunberg told MSNBC. "Why do I have to spend 80 hours going over my emails [with former Trump adviser Steve Bannon and Trump associate Roger Stone]." Mueller has charged several Trump associates and more than a dozen Russians in connection to his investigation. Nunberg, in a phone call to MSNBC, said a subpoena to appear before a grand jury was "absolutely ridiculous." Nunberg rejected that Trump had colluded with Russia. "It is the biggest joke to ever think that Donald Trump colluded with the Russians," said Nunberg, who also spoke to the Washington Post and CNN.

5 THINGS YOU NEED TO KNOW

RUSSIA MARKS 65TH ANNIVERSARY OF STALIN'S DEATH

3 A woman holds a poster of Joseph Stalin during a commemoration ceremony to mark the 65th anniversary of Stalin's death in Red Square in Moscow, Russia, on Monday.

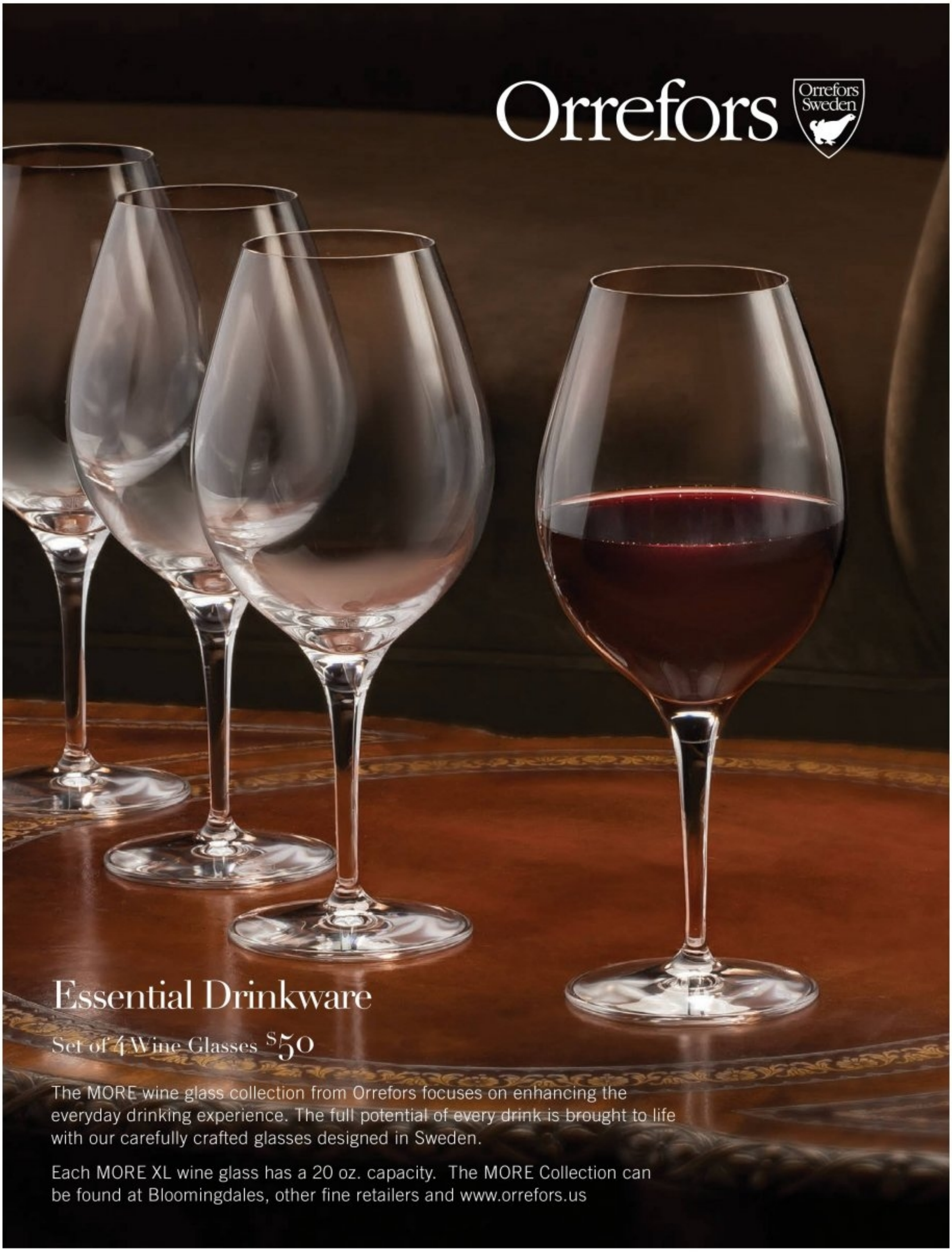
GETTY IMAGES

REPORT: KOREAN LEADERS MEET FOR FIRST TIME

4 North Korean leader Kim Jong Un met senior South Korean government officials for the first time and said it is his "firm will to vigorously advance" inter-Korean ties and pursue reunification, the North's official news agency said on Tuesday. A 10-member South Korean delegation traveled to the North Korean capital, Pyongyang, on Monday in hopes of encouraging North Korea and the United States to talk to one another. Washington and Pyongyang have been at loggerheads for months over the North's nuclear and missile programs, with President Donald Trump and Kim Jong Un trading insults and threatening war. Tensions between the two Koreas eased during the recent Winter Olympics in South Korea, where President Moon Jae-In hosted a high-level North Korean delegation.

US MILITARY SAYS IT MISHANDLED WAR DOGS

5 The U.S. Army confirmed on Monday that it had mishandled retired bomb-sniffing war dogs and said it would comply with recommendations in a Defense Department inspector general's report that called for reforms. In the report, the inspector general said that canine heroes, which saved the lives of U.S. soldiers in Afghanistan while working with brigade combat teams to sniff out bombs, were mistreated by the Army after they returned to the U.S. The report said that some dogs were left in kennels for up to 11 months, beyond a deadline for giving them away for adoption, or re-using them in the military or other agencies. It said they were mistreated through lack of attention, and others may have been put down. Contrary to military rules, new owners were not screened before the Army allowed them to adopt the dogs.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Peicha Chang, owner of the Vault + Vine coffee & flower shop in East Falls, says the Sustainable Business Network of Greater Philadelphia helped her achieve her goals for a sustainable business. KAIT MOORE

The Sustainable Business Network advances a holistic approach to doing business in Philly

Philly's Sustainable Business Network rethinks the relationships between people, planet and profit.

SAM NEWHOUSE
sam.newhouse@metro.us

When Peicha Chang, owner of Vault + Vine in East Falls, was first opening her flower shop some eight years ago, she had some qualms about advertising her business as an environmentally friendly one. She didn't want to look like she was "greenwashing" — exploiting an environmental message to make a buck (like Volkswagen advertising "clean diesel" cars that the company later admitted were rigged to cheat emissions tests).

"I didn't want to advertise my business as a sustainable business or a green business at the time," said Chang, 36. "I wanted to avoid it. I just felt like, 'This is how my business runs.' I didn't feel strongly that I necessarily wanted to associate it with those things."

But that changed when she got involved with the Sustainable Business Network of Greater Philadelphia (SBN) and found not just clear guidance on how to define sustainable goals for her business, but a community.

"What I really felt and got out of SBN when I first joined as a new business was just finding that network of business-owners who thought similarly, the triple bottom line [people, planet, profit], not necessarily entirely profit-driven as a business, and wanting to do work beyond just profit, with the community and with the world," she said. "It was kind of the answer I had been looking for."

SBN was founded in 2001 by Judy Wicks, the restaurateur behind the White Dog Café. After 17 years, SBN includes some 360 member businesses in the Greater Philadelphia area, ranging from smaller businesses like Chang's combo-flower and coffee shop — where all employees earn a living wage and get benefits — to Yards Brewing Company, which is 100 percent wind-powered, strives to recycle their materials and sends spent grains to bakeries and farmers to be reused.

SBN's work includes bringing together like-minded businesses to help each incorporate sustainable values into a realistic economic model that can survive in an era of big-box stores and mega-corporations.

"Not everyone has the luxury of being able to decide on this organic, fair-trade product," acknowledged Anna Shipp, executive director of SBN. "Can Philadelphians, with a 27 percent poverty rate, afford that?"

But Shipp believes that, as more and more businesses see how sustainable practices can make economic sense, by saving money long-term and attracting lifelong customers, the sustainable business "ecosystem" will become more affordable and widely accepted.

"When you see 'local' flags on produce at Walmart, that is a sea change," Shipp said. "Let's shift how we use capitalism. We can use business as a force for good."

SBN will celebrate its 17th anniversary and the "localism movement and impact economy" at their annual SustainaBall on March 9.

Visit SBNPhiladelphia.com for more information.

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Tyreas Carlyle was shot and killed by Philadelphia police in August 2017. PHOTO VIA FACEBOOK

Krasner denies calling disabled man's killing by police an 'honest mistake'

Philly DA denies prematurely announcing the result of an officer-involved shooting investigation during talk to police cadets.

SAM NEWHOUSE
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It has been six months since a mentally ill and disabled man was killed by police while trying to grab an officer's gun in North Philadelphia, and a police investigation into the matter is still underway.

But new Philly DA Larry Krasner, in a discussion with police cadets last week, described a situation exactly like the one that ended in the death of Tyreas Carlyle, 31, as an "honest mistake."

"We can all look at that with hindsight and say, 'My goodness, maybe something could have been done,'" Krasner said in a video of the Feb. 28 talk, after describing what he now says is a hypothetical case, but which was virtually identical to Carlyle's fatal shooting on Aug. 11. "That does not mean those officers committed a crime. That does not mean there is any disciplinary violation. What that means is officers acting with limited information under a whole lot of time pressure made an honest mistake. And this district attorney's office is not going to second-guess that."

Krasner's office on Monday said the investigation into the Carlyle shooting was still underway, and denied that Krasner's comments reflected a final determination in the case.

"DA Krasner's recent talk with police cadets included a mixture of hypothetical and real-world examples of the kinds of cases that occur in the field. He intentionally did not use any specific case information, for example the names of officers, defendants or the location of the various incidents, during his speech," spokesman Ben Waxman said via email. "The office has not announced any decision on the Tyreas Carlyle case, so it would be inappropriate to comment further."

Krasner did not refer to Carlyle by name, but mentioned multiple details specific to the Carlyle case, specifically that police responded to a phone call about a mentally ill man who required a walker to get around attempting to steal a family member's car (Krasner says "mother," but Carlyle's grandmother called 911).

After three officers responded to the scene, Carlyle allegedly tried to grab an officer's gun and was fatally shot.

"He ends up shot to death in the car, even though he was mentally ill, even though he never got control of the firearm, he ends up shot to death in the car, under circumstances where there is no officer to blame," Krasner said in the video.

The Philadelphia Police Department, which since January 2017 has deployed a new Officer Involved Shooting Investigation Unit to review such cases, said the case is still under investigation.

"Clearly, he is still getting adjusted to the job and I think on some level he may still be making amateur mistakes. This appears to be one of them, but people should be patient with him," said Chris "Flood the Drummer" Norris, a local journalist and activist. "The language appeared to be declarative, it appeared to be final. If he's now clarifying this and saying, 'It was a mistake,' I'm glad to hear that, but he has to be careful, and he needs to give an update on the Tyreas Carlyle shooting, just to put the community's mind at ease, because we haven't heard anything since the shooting."

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Bill Cosby's first criminal trial ended in a mistrial in June. GETTY IMAGES

Prosecutor in Cosby sex abuse retrial: 'He did it 19 times before'

Former entertainer Bill Cosby has repeatedly denied any wrongdoing.

A judge should allow 19 women to testify about alleged sexual abuse by comedian Bill Cosby to show a long-running pattern of "bad acts" to a jury at his retrial on charges of drugging and assaulting a former friend, a prosecutor said on Monday.

"He did it 19 times before he did it to Andrea Constand," Assistant District Attorney Adrienne Jappe said, referring to the woman who has accused Cosby of sexual assault at the TV star's home near Philadelphia between Dec. 30, 2003, and Jan. 20, 2004.

Cosby, wearing a tan sports jacket and tie, and smiling at times during the proceedings, has repeatedly denied wrongdoing, saying that any sexual encounter was consensual.

Jappe argued for the testimony by the other women during the hearing in Norristown, where his retrial is scheduled to begin with jury selection on March 29.

Cosby's first criminal trial ended in a mistrial in June when jurors failed to reach a unanimous verdict in the same court.

Before the first trial, prosecutors asked Judge Steven O'Neill to allow 13 of the 19 women to testify against Cosby, but he allowed only one to do so because, in general, a defendant's history is not admissible as evidence that he or she committed a particular crime.

But the Cosby case qualifies as an exception, Jappe told Judge O'Neill on Monday, because the way he abused the 19 women was so repetitive and consistent.

"You're going to see that all of these instances have shared similarities," Jappe said.

For two hours, she detailed those similarities and cited a legal rule of evidence known as the "Doctrine of Chances," which maintains that the more comparable crimes a suspect commits, the less likely it is that the next alleged victim is inventing her story.

Defense arguments to bar the 19 other accusers from the witness stand at retrial were slated for Tuesday, when the pretrial hearing resumes.

"You're going to see that all of these instances have shared similarities."
Assistant DA Adrienne Jappe

O'Neill said that due to the volume of evidence he must review, it was doubtful he would decide on Tuesday whether to allow testimony from the 19 additional accusers.

He said it was possible he could rule on Tuesday on a defense request to call as a witness at trial a former co-worker of Constand who had told prosecutors that Cosby's accuser said she could earn money by making a false sexual assault allegation against a famous person.

Best known for his television role as the wise and witty father in "The Cosby Show," Cosby has been accused of sexually assaulting more than 50 women over several decades. The Pennsylvania case is the only one in which he has faced criminal charges. REUTERS

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Conor Lamb's campaign is gaining national attention. GETTY IMAGES

Conor Lamb: Everything you need to know

Fast facts about the Democratic candidate for Congress from Pennsylvania.

MICHAEL MARTIN
letters@metro.us

Conor Lamb is the Democratic candidate for Congress in Pennsylvania's 18th District. The 33 year old is making news for running an unusually tight race in a traditional Republican district, significantly outraising his GOP opponent in a special election that will be decided on March 13.

Who is Conor Lamb?
Lamb is an attorney, former Marine and former federal prosecutor who lives in Mt. Lebanon, a suburb of Pittsburgh where he grew up. His grandfather and father were active in Pittsburgh politics. Lamb got a political-science degree and a law degree from the University of Pennsylvania and went to Officers Training School after joining the Marine Corps.

What does Conor Lamb stand for?
Lamb, who identifies as Catholic, has expressed moderate views. On the hot topic of gun control, he says he favors enhanced background checks but doesn't want to move hastily on gun legislation. He does not support Medicare for All or a $15 minimum wage.

To defuse GOP attempts to align him with Minority Leader Nancy Pelosi, he has said he would not support Pelosi for Speaker if the Democrats retake the House. He has spotlighted the heroin crisis, job creation and modern energy development as priorities. He said he would not vote for a bill that prohibited abortion after 20 weeks.

Could Conor Lamb win?
If this were a typical election cycle, it would be a long shot for a Democrat. The district is reliably Republican, and President Trump won Lamb's district by 20 points in 2016.

Polling by Monmouth University in mid-February showed that Lamb's Trump-supporting opponent, Rick Saccone, was up by only three points.

"To put it mildly, a 3-percentage-point lead isn't anything close to a sure thing in a House special election," said Harry Enten of CNN. In the district, Trump's approval rating has dropped 16 points in a year. And overall, the wind is at Democrats' back — they've flipped 39 state legislature seats from red to blue since Trump took office. The GOP has only won a few of those races.

Lamb has significantly outraised Sassone: According to SEC filings, in the period between Jan. 1 and Feb. 21, the Lamb campaign has raised $3.3 million to Sassone's $700,000.

'PHARMA BRO'

US judge orders ex-drug executive Shkreli to give up $7.36 million

Former drug company executive Martin Shkreli may have to give up a Picasso and a one-of-a-kind Wu-Tang Clan album, after a U.S. judge on Monday ordered him to forfeit $7.36 million following his conviction of defrauding investors.

U.S. District Judge Kiyo Matsumoto in Brooklyn said the assets Shkreli could forfeit to satisfy the judgment also include $5 million in a brokerage account and his stake in Vyera Pharmaceuticals, one of the drug companies he founded.

Shkreli is scheduled to be sentenced for securities fraud on Friday.

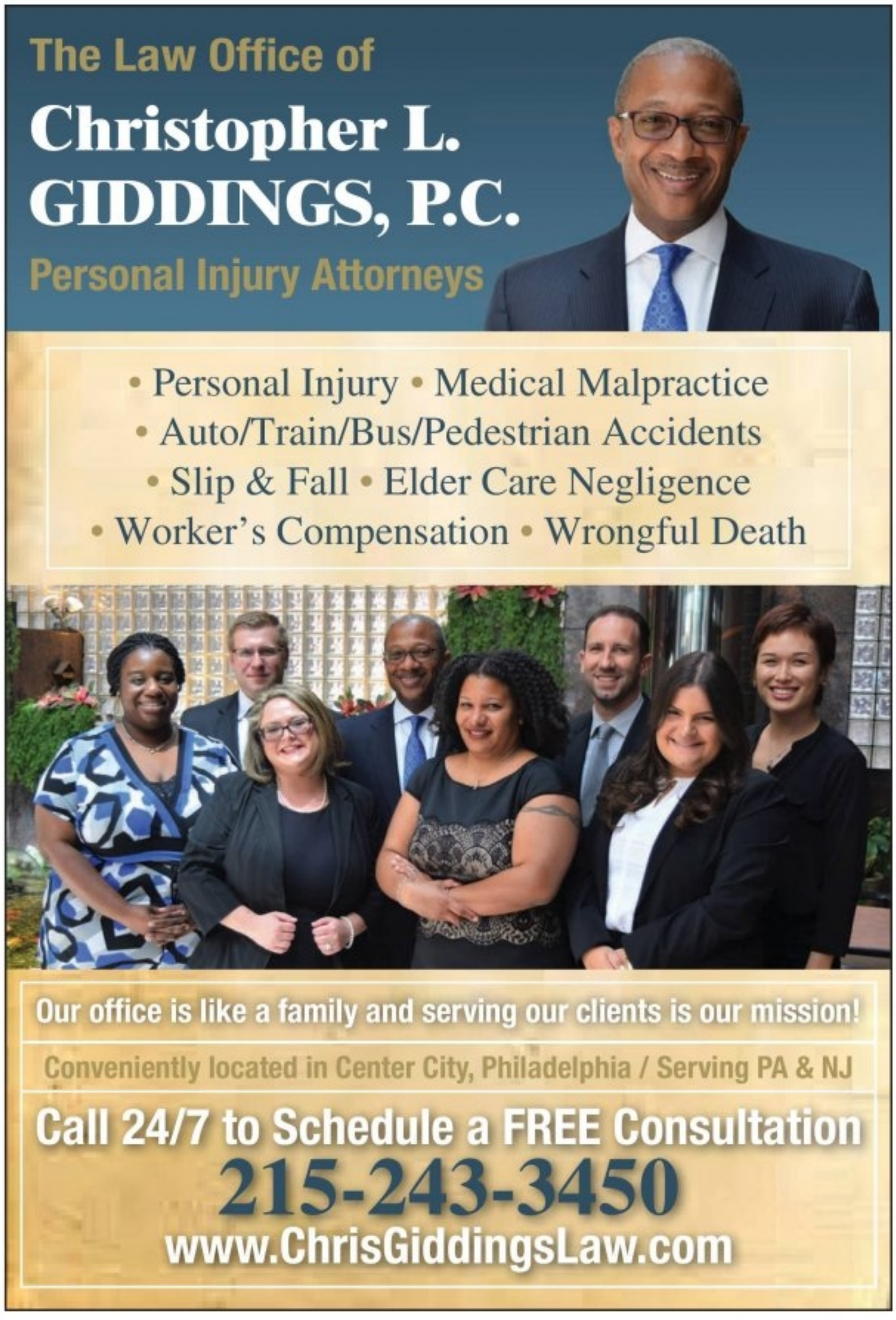
A lawyer for Shkreli, 34, could not be reached for comment on the judge's order. Shkreli has been in jail since September, when Matsumoto revoked his bail after he offered a $5,000 bounty for a strand of Hillary Clinton's hair in a Facebook post.

Shkreli became notorious as the "Pharma Bro" when he raised the price of anti-parasitic drug Daraprim by over 5,000 percent in 2015 while he was chief executive officer of Turing Pharmaceuticals. Turing is now Vyera.

In December 2015, Shkreli told Bloomberg Businessweek that he had bought the Wu-Tang Clan's "Once Upon a Time in Shaolin" when the hip-hop group auctioned the sole copy of the album to the highest bidder. Bloomberg reported that he paid $2 million for it.

Shkreli has also boasted of owning a Picasso painting.

A jury found Shkreli guilty last August of securities fraud charges unrelated to Daraprim. They determined that he lied to investors about the performance of two hedge funds he ran, MSMB Capital and MSMB Healthcare. He also was found guilty of conspiring to manipulate the stock price of another drug company he founded, Retrophin Inc. REUTERS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Police honor officer killed during robbery

The 22nd District unveiled a new portrait of Sgt. Robert F. Wilson III on Monday.

SAM NEWHOUSE
sam.newhouse@metro.us

It was three years ago that Sgt. Robert F. Wilson III entered a North Philly GameStop for a routine security check and to buy his son a gift. He never walked out.

On Monday, March 5, the third anniversary since Wilson, 30, died in a hail of gunfire as he tried to protect customers from a pair of armed robbers who coincidentally entered the store while he was inside, his fellow officers and friends held a vigil in Wilson's honor inside the 22nd District.

A new oil portrait honors Sgt. Robert F. Wilson III. PPD

They also unveiled a new oil portrait of Wilson, who was promoted to sergeant after his death.

Wilson was also posthumously awarded a Medal of Valor by President Barack Obama in 2016.

On March 5, 2015, Wilson reportedly moved toward the two suspects, brothers Carlton Hipps and Ramone Williams, drawing their attention away from customers and employees, and told them to stand down, before both opened fire, shooting Wilson fatally.

"When you look at the actions of the officer, I think he redefines what a hero is all about," former Commissioner Charles Ramsey previously said of Wilson. "I've been in policing for 46 years. I have never witnessed an act of bravery like what I saw that day."

Williams and Hipps were arrested shortly afterward and are scheduled to go on trial facing first-degree murder and robbery charges on April 23.

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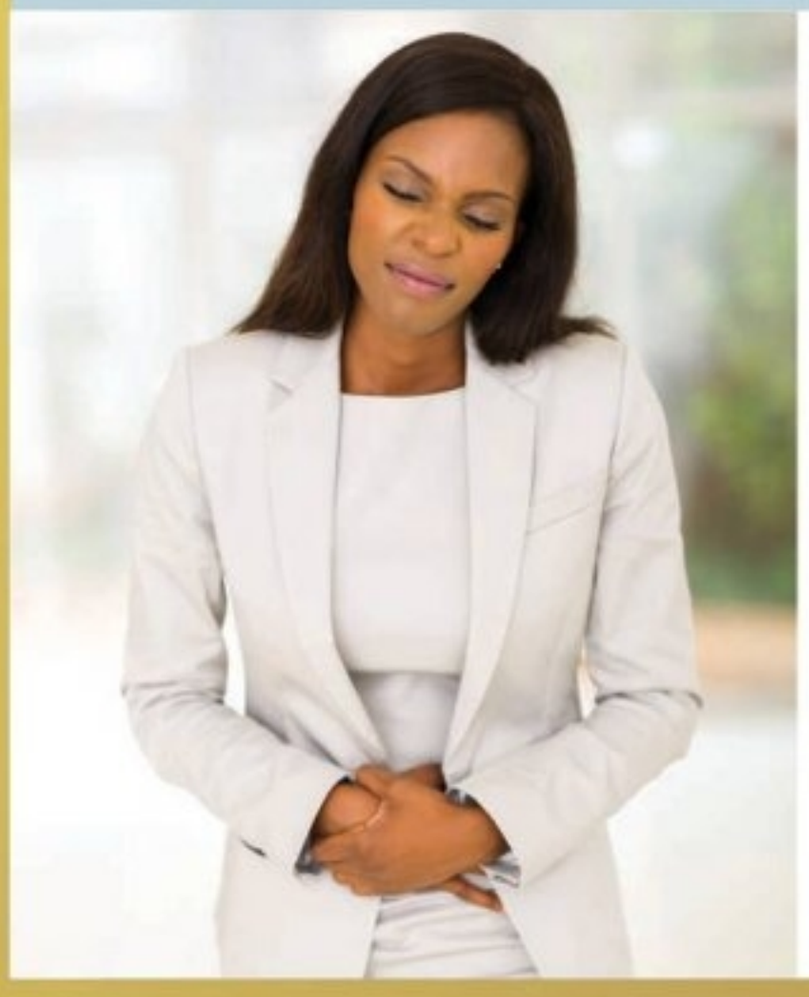

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Apple confirms iPhones can shut down in cold weather

Apple has finally confirmed that the iPhone battery life can be compromised when you expose your iPhone to extreme cold weather.

Some iPhone users have reported that their iPhones shut down completely when it's cold outside. Sometimes it can occur when the iPhone battery level says you have more than enough juice left.

On Apple's support page the company lists its acceptable operating temperatures for iPhones and other devices.

"Using an iOS device in very cold conditions outside of its operating range might temporarily shorten battery life and could cause the device to turn off." (Finally, some recognition that this doesn't happen to only you!) Apple adds, "Battery life will return to normal when you bring the device back to higher ambient temperatures."

According to Apple, their mobile devices work best at temperatures in the range of 32 to 95 degrees Fahrenheit. GETTY IMAGES

According to Apple, its mobile devices work best at temperatures in the range of 32 to 95 degrees Fahrenheit.

Because many people carry their iPhones and other mobile devices at all times, we might forget that the small mobile devices that seem to have control over our lives can be extremely sensitive to adverse weather conditions.

Why does my iPhone battery die when it's cold outside?

While there could be several contributing factors to cause your iPhone to die when the weather is cold, one of the reasons is because of the battery.

Apple iPhones use lithium-ion batteries which contain an electrolyte liquid inside the cells of it. When the weather becomes extremely cold, the liquid begins to crystallize or change density. When this happens, the liquid loses its ability to allow electricity to flow properly. This causes the battery to lose power quickly.

This explains why sometimes when you're outside in the cold weather and your phone may shut off completely even if your battery meter is at a normal level.

The iPhone returns to "normal" when the devices' temperature warms back up. LENYON WHITAKER

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John Kelly isn't sure what Ivanka Trump and Jared Kushner do all day

The White House chief of staff thinks Javanka are changing the president's mind too often.

MICHAEL MARTIN
letters@metro.us

White House chief of staff John Kelly is frustrated with White House advisers Jared Kushner and Ivanka Trump, to the point that he's questioning what exactly they do all day, a new report says.

After downgrading Kushner's security clearance in the wake of the Rob Porter spousal-abuse scandal, Kelly has become upset with the couple's "freelancing" and blames them for changing President Trump's mind on key issues, the Associated Press reported on Monday.

Kushner was the subject of more than one bombshell story last week, each enough to cause a major scandal in a normal presidential administration. The Intercept reported that Kushner supported a blockade of Qatar weeks after his father, Charles, failed to secure financing for their real-estate business from that country's government. The New York Times reported that Kushner accepted millions in loans from two companies after meeting with them at the White House.

Over the weekend, President Trump seemed to be in a jovial mood about his son-in-law: at the annual Gridiron Dinner, he joked that Kushner "couldn't get through security." But a Times report last week said he had complained to Kelly about Kushner and his daughter and was asking Kelly for help in pushing the duo out of the White House.

The AP's sources say Javanka have no plans to go. For her part, only a few months ago Ivanka had planned to become the first female president. In "Fire & Fury," Michael Wolff reported that she and Jared had an "earnest deal" that she would run for the job after working in the Oval Office.

As for Kushner, it's unclear how much

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Chief of staff John Kelly has reportedly become upset with the Javanka's "freelancing." GETTY IMAGES

of his job is left. Last week, CNN reported that after Kelly's changes, the White House calligrapher has a higher security clearance than Kushner.

But last month, Kelly said he was confident the president's son-in-law could still be effective. "As I told Jared days ago, I have full confidence in his ability to continue performing his duties in his foreign policy portfolio including overseeing our Israeli–Palestinian peace effort and serving as an integral part of our relationship with Mexico," he said. "Everyone in the White House is grateful for these valuable contributions to furthering the president's agenda. There is no truth to any suggestion otherwise."

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Mindy's newest project

Kaling's sitcom drops this week —and you're gonna wanna watch.

GREGORY WAKEMAN
Gregory.Wakeman@metro.us

Mindy Kaling's been working up a storm (thank God), and Thursday her latest project hits the small screen.

"Champions" revolves around Vince (Anders Homs), a charismatic gym owner whose life as a bachelor is turned upside down when his high-school fling Priya (Kaling) drops off their gay teenage son Michael (J.J. Totah) to live with him and pursue his Broadway dreams.

But while Kaling only has a supporting role in the show, she's still heavily involved as its co-creator and writer, and her influence and comedic imprint is all over it.

Metro spoke with her co-creator, Charlie Grandy, to get the lowdown on "Champions."

Anders Holm, Andy Favreau and J.J Totah NBC

Where did this seemingly bizarre story come from?

I've been working with Mindy for a long time, on five projects, and she said to me, "I have this rough idea about a half-Indian gay teenager moving from Cleveland to New York to pursue his Broadway dreams. Does that sound interesting to you?" And immediately I said, "Yeah." I have to admit I would have said yes whatever, because it was Mindy. But that idea specifically felt very timely and interesting.

Timely why?

Mindy and I have been working now for a combined total of 40 years. So we were like, "Who is a fun character that we haven't seen on TV?" Someone with a strong point of view, a really hot take and

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someone who would always be on their phone. This was a young, fun energy to write for. And wouldn't be cowed by all the forces in the world that he goes up against. We didn't reverse-engineer it. We didn't ask, "What's going to be zeitgeisty?" It was about what's going, interesting and compelling.

Did you feel a responsibility to explore certain topics?

Your only responsibility as a comedy is to be funny. We don't want to be preachy or lecture. But when you stumble across something that's interesting, juicy and topical you want to then represent both sides, both comedically and intelligently. You just want to handle these topics in the right way.

Let's talk Anders Holm.

Anders sets the tone — he's a leader on set. He's always on, but not in an annoying way. He himself is an incredible writer, so her understands structure and jokes, and gets it from that point of view. When we first talked to Anders he was concerned about the details of the character — what he wanted, what was his deal. Rather than it being about how he was funny.

Why are sitcoms still relevant?

They're easy to digest. The storytelling in sitcoms has learned a lot from drama over the last 10 years. It's not just funny, but compelling, too. We just want it to feel like a familiar, great place to hang out in. That's the tone of a network sitcom. You never want television to feel like homework. Sometimes it does, though.

Your homework? Watch "Champions" on Thursday, March 8, at 9:30pm on NBC.

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City chefs name the *best* cheesesteaks in Philadelphia

Everyone has their favorite.

JENNIFER LOGUE
jennifer.logue@metro.us

Cheesesteaks are a hotly contested topic in Philadelphia. Everyone seems to be pretty particular about where to go, but if you're in town visiting, perhaps the best people to ask are Philly chefs. Not only do they know this town's food scene inside and out, they've dedicated their lives to creating meals that tantalize your taste buds. Here are the best cheesesteaks in Philadelphia according to some of the best city chefs.

Manny Perez

Executive sous chef, Walnut Street Cafe

Best cheesesteak?
Johns's Roast Pork is my go-to for a great cheesesteak – it's a great place, always friendly and a fun spot to bring my family.

Favorite toppings?
For my favorite toppings, I go for the standard with mushrooms, onions, jalapeño peppers and provolone cheese.

EVAN SUNG

Mackenzie Hilton

Executive chef, The Vintage Syndicate (Time, Vintage Wine Bar & Bistro, Heritage, Garage Passyunk, Garage Fishtown, Tiki)

DAN LIDON

Best cheesesteak?
My favorite cheesesteak is at Steve's Prince of Steaks. I order the American with onions. The bread is great, they don't chop their meat, the cheese is super-melty and they have a great condiment bar.

Favorite toppings?
My cheesesteak-topping choice depends on my mood and where I am. For example, if I go to Tony Luke's, I'll order broccoli rabe and provolone, and at Steve's, it's American-wit. But more often than not, I'm a Whiz-wit kind of girl.

Brett Naylor

Executive chef, Oyster House and partner, Mission Taqueria

Best cheesesteak?
My favorite cheesesteak is the seitan cheesesteak at Blackbird Pizzeria – it's delicious! The bread they use is great, and they make the seitan themselves. It's flavorful, tender and vegan.

Favorite toppings?
I like either a plain cheesesteak with just the protein and cheese and some onions or all-out, with lettuce, tomato, raw onion and mayo.

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NEAL SANTOS

Jeff Michaud

Co-founder/executive chef, Amici Hospitality (currently includes Osteria)

Best cheesesteak?
My pick is Pat's King of Steaks because it's so greasy you don't need a drink with it!

Favorite toppings?
When I go for a cheesesteak, it's always Whiz-wit!

Mike Loughlin

Executive chef, Scarpetta

Best cheesesteak?
Dalessandro's is, hands-down, the best. When I was a kid, my grandfather, father, brother and I used to go play golf at Walnut Lane Golf Club, just so we could go to Dalessandro's after and get a cheesesteak [it was right across the street].

Favorite toppings?
I would always order my cheesesteak with American cheese and fried onions along with a big glass of Coke. To this day, if I want a cheesesteak, I still do the same.

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How to order a cheesesteak like a local

1 Know your options. With a cheesesteak, your basic options will be the cheesesteak itself, choosing your cheese (Cheez Whiz, American or Provolone) and deciding on having it with or without onions.

2 Decide what you want. If you're indecisive when it comes to ordering food, decide on what you want before you get up to order. Don't hold up the line.

3 Know the lingo. Begin with the type of cheese you want and follow that by whether or not you want onions. Want onions? Say "wit." Don't want onions? Say "wit-out."
Example: Let's say you want a cheesesteak with Whiz and onions. Then you would say, "Whiz-wit." Don't want onions? Then you would say, "Whiz wit-out."

4 Place your order. And keep it short and sweet.

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Here's one surprising benefit of having *anxiety*

Feeling anxious? Rest a little easier knowing that the jitters may help your memory. ISTOCK

wellbeing

A study suggests highly anxious people may have a more vivid capacity for recalling emotional experiences.

KATE MOONEY
kate.mooney@metro.us

If you've ever suffered from anxiety, you know how overpowering the feeling of dread and nervousness can be—it's sometimes so bad you can't concentrate on anything else. But according to a study in the journal Brain Sciences, the intensity of anxiety may make your memories more vivid.

"It gives you a heightened sense of awareness and makes you attuned to details you wouldn't be otherwise," co-author Myra Fernandes, professor of psychology at the University of Waterloo in Canada, told Time.

That's to a point, of course. When anxiety levels get too high, they can become debilitating and can even cast an overly negative and emotional tint to an experience.

For the study, researchers asked 80 undergrad psychology students (excluding those who had been diagnosed with clinical anxiety) to complete a questionnaire describing their daily experience with anxiety. They were then categorized by the intensity of their symptoms, with one group deemed "low anxiety" and the other "high anxiety."

Each group was shown a set of words overlaid onto images, some negative and some positive. They were later asked to recall the words from memory. While both groups were able to remember roughly the same number of words, the high anxiety group had better recall of the selection paired with negative images.

This suggests that the emotional context of an experience may help imprint it onto memory. But again, that association could also lead to a distorted, overly negative view of a past event. This probably rings a bell for anyone who's been accused of seeing the worst in a situation.

"Thinking about emotional events ... might put you in a negative mind-set that can bias you or change the way you perceive your current environment," said Christopher Lee, a psychology Ph.D. candidate at Waterloo.

He concluded that it's important to "be aware of what biases you might bring to the table" and "how that might ultimately shape what we walk away seeing."

Dash diet may lower risk of depression

The Dash diet may be designed to treat hypertension, but according to a study by the American Academy of Neurology, it may also fight symptoms of depression.

Researchers from Rush University Medical Center in Chicago evaluated 964 participants, average age 81, every year over a period of six-and-a-half years. The subjects were divided into three groups, two of which closely followed the Dash (that stands for dietary approaches to stop hypertension) diet — a well-balanced meal plan of mostly fruits, veggies, lean meats, whole grains and low-fat dairy — and a third, which adhered to a more Western diet —high in saturated fats and red meat. Based on subjects' answers to questionnaires about diet and wellbeing, researchers determined the first two groups were 11 percent less likely to suffer from depression the third group.

"Depression is common in older adults and more frequent in people with memory problems, vascular risk factors such as high blood pressure or high cholesterol, or people who have had a stroke," said study author Laurel Cherian, M.D. "Making a lifestyle change ... is often preferred over taking medications, so we wanted to see if diet could be an effective way to reduce the risk of depression."

Cherian concluded that "future studies are now needed to confirm these results."

It would certainly be helpful to see if the Dash diet could be effective in staving off depression among a younger poulation.

KATE MOONEY

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Big 5 basketball: Which Philadelphia teams will make NCAA Tournament?

What do Villanova, Penn, La Salle, St. Joseph's and Temple need to do on Championship Week?

EVAN MACY
evan.macy@metro.us

It's March, and in a typical year that means local college basketball teams are gearing up for an NCAA Tournament run. But the odds are long for the vast majority of teams in Philadelphia this season, with a bigger than ever before drop off between Villanova and the rest of the Big 5.

Conference tournaments begin this week — and with no teams save for the Wildcats promised a slot in the Big Dance, this week is make or break for underachieving schools. Here's a look at where Villanova, Temple, La Salle, St. Joe's and UPenn stand less than a week from Selection Sunday:

No. 2 Villanova

27-4 (14-4, second in Big East)

Barring some kind of horrible first round upset in this week's Big East Tournament (Nova is a 2-seed as they are one game behind Xavier), the Wildcats are all but assured a No. 1 seed when the brackets are revealed. They may not exactly have NCAA seeding to play for, but the club has won two of the last three tournament titles and will be looking to add a third in four years. Led by likely to depart juniors Jalen Brunson and Mikal Bridges — each player of the year candidates, the team's current era of incredible success could take a step backward soon. The dynasty that made Jay Wright a household name and gave Villanova it's second NCAA championship is on its last legs and has a chance to make one more run at hoops supremacy.

Penn

22-8 (12-2, first in Ivy League)

The Quakers are having their best season in nearly a decade but it comes with a catch. For the second time in history, the Ivy League has a tournament to determine it's NCAA representative. Meaning what once was determined by regular season record (which would have put Penn into the Dance) will now be determined by a four-team tournament this coming weekend. The good news is, the Quakers have been the best team in the Ivy this season and the tournament will be held at their home court — the Palestra. They are the most likely team to join Nova in the field of 68.

Temple

16-16 (8-10, seventh in American)

The Owls were a true bubble team a couple of weeks ago — and sport wins over teams like Auburn, Wisconsin, Clemson and Wichita State this season. But losses in four of their last five games made them an extreme longshot for an NCAA tournament berth. Without an at-large bid possible, Temple needs to win the AAC tournament. They begin Thursday against Tulane, a team they split two games with. If they win, it will be Wichita for the third time.

St. Joseph's

15-15 (10-8, fourth in A-10)

The Hawks are in a similar position as their rivals the Owls but thanks to a different confluence of events. They are red-hot, and have won six of their last seven games including a 30-point romp over No. 17 Rhode Island. Getting into the fourth seed of the A-10 tournament helps but with just 15 wins a miracle tourney win is necessary. A double-bye thanks to that seed means they get to wait until Friday and will only need three wins.

La Salle

13-18 (7-11, 12th in A-10)

La Salle is the biggest longshot after a dreadful losing, injury-riddled season. They face UMass Wednesday, and then would need to beat George Mason Thursday to earn the right to face Big 5 rivals St. Joe's Friday.

Villanova and UPenn could be the only two teams representing Philly when March Madness starts. GETTY IMAGES

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HOW IS NO ONE PAYING ATTENTION TO GIROUX'S GEM OF A SEASON?

GLEN MACNOW

OPINION

Glen Macnow has been an outspoken voice in Philly sports for nearly three decades. @realglenmacnow

Claude Giroux is making a real case for his first-ever MVP award this season. GETTY IMAGES

It seems impossible a player could put up a great season in Philadelphia without the sports world craning its neck. And yet, that's what's happening right now with Claude Giroux.

The Flyers' captain has been skating here for a full decade. Assuming that Brent Celek's Eagles career ended at the Super Bowl parade, Giroux will become the longest-running athlete in town.

He sure isn't just hanging on. At age 30, Giroux is enjoying the finest season of his career. Entering Monday, he was fourth in the NHL in scoring and third in assists (teammate Jakub Voracek leads that category). He's been red hot recently (8-12-20 in his last 13 games), coinciding with the team's rise in the standings. And he's been clutch.

Giroux is having the best all-around season of any Flyers forward since Eric Lindros skated through South Philly in the 1990s. (By the way, he'll pass Lindros for fifth place on the franchise career point-leader chart later this month). He should warrant consideration as a finalist for the Hart Trophy (NHL MVP) at season's end. But don't bet on it.

Because this is the career season few have noticed. Why?

Well, first the Flyers got off to a horrible start, causing many casual fans to turn away. It doesn't help, frankly, that the team plays a boring brand of hockey in the same building as one of the NBA's most dynamic young franchises. Oh, and many of us were distracted through early February by the Eagles. None of that is Giroux's fault, of course.

The Flyers haven't won a playoff round since 2012, and missed the playoffs entirely three of the past five years. It's tough to generate excitement through a six-year string of mediocrity.

And Giroux, before this season, appeared to be fading. Ever since coach Peter Laviolette foolishly called him "the best player in the world," Giroux's play and his stats tumbled — from 93 points in 2012 all the way to 58 last season.

He seemed like a player in decline. A wrist injured nagged him for three years. There was a concussion in 2016, and abdomen and hip surgeries that slowed him all through last season.

Now, suddenly, the team is hot (if we can ignore last weekend's Florida debacle) and a healthy Giroux is — well, if not the best player in the world, at least back to being one of its elites.

I'll give Dave Hakstol some credit here. The vanilla coach shifted Giroux from center to left wing at season's start. The move has cut down on the wear-and-tear on Giroux's body, and also given him the chance to create offense with his back to the boards.

Hakstol also reluctantly split Giroux and Voracek when it became clear opponents were shutting down the Flyers' offense by focusing on the top line. Voracek has since helped the second line evolve into a dangerous scoring unit. And Giroux continues to make a star out of Sean Couturier, whose 29 goals already equal the sum of his two best prior seasons.

Where does this end up? The resurgence story only works if the Flyers can carry success into the postseason. A playoff run relies on so many factors — depth, the poise of young defensemen Ivan Provorov and Shayne Gostisbehere, and, of course, goalie play for a team that doesn't currently know which goalie will get the nod.

But here's betting that Claude Giroux is out there doing his part. And maybe, if he does, the sports world will start noticing.

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Across
1 Laird's household
5 Feudal estates
10 Pamper
14 Verdi opera
15 Boom box
16 Capable of (2 wds.)
17 In a comforting manner
19 Name of a thing
20 Came afterward
21 Set firmly
23 Pitcher Nolan --
25 Tamper-resistant
28 Humorist -- Bombeck
31 Response to a proposal
33 Sports palaces
35 Make cloudy
36 Smooth fabric
38 First 007 movie (2 wds.)
39 Annex
40 Involuntary movement
41 Make public
42 Muse of history
44 Column order
46 Disney CEO Bob --
47 Abounded
49 Util. bill
50 Bank on
51 Fought with swords
53 Grabbed a taxi
55 Perjurers
57 Short jacket
61 Cry of surprise
64 Gossip
66 Carrot or beet
67 Ham it up
68 Cat's lives
69 Soap bubbles
70 -- -toothed tiger
71 Poor grades

Down
1 Instance
2 Wildebeest chaser
3 Uproars
4 Not artificial
5 Paydays
6 John, in Aberdeen
7 Verge
8 Thin coatings
9 Meat substitute
10 Tied together
11 GI address
12 252 calories
13 Poetic adverb
18 "-- Jude"
22 Play it by --
24 "Peachy-keen!"
26 Make furious
27 Boone or Webster
28 Put up
29 Threw the dice
30 Setting
32 Tour of duty
34 Apologetic
37 More aloof
43 Diner fare
44 Forms a thought
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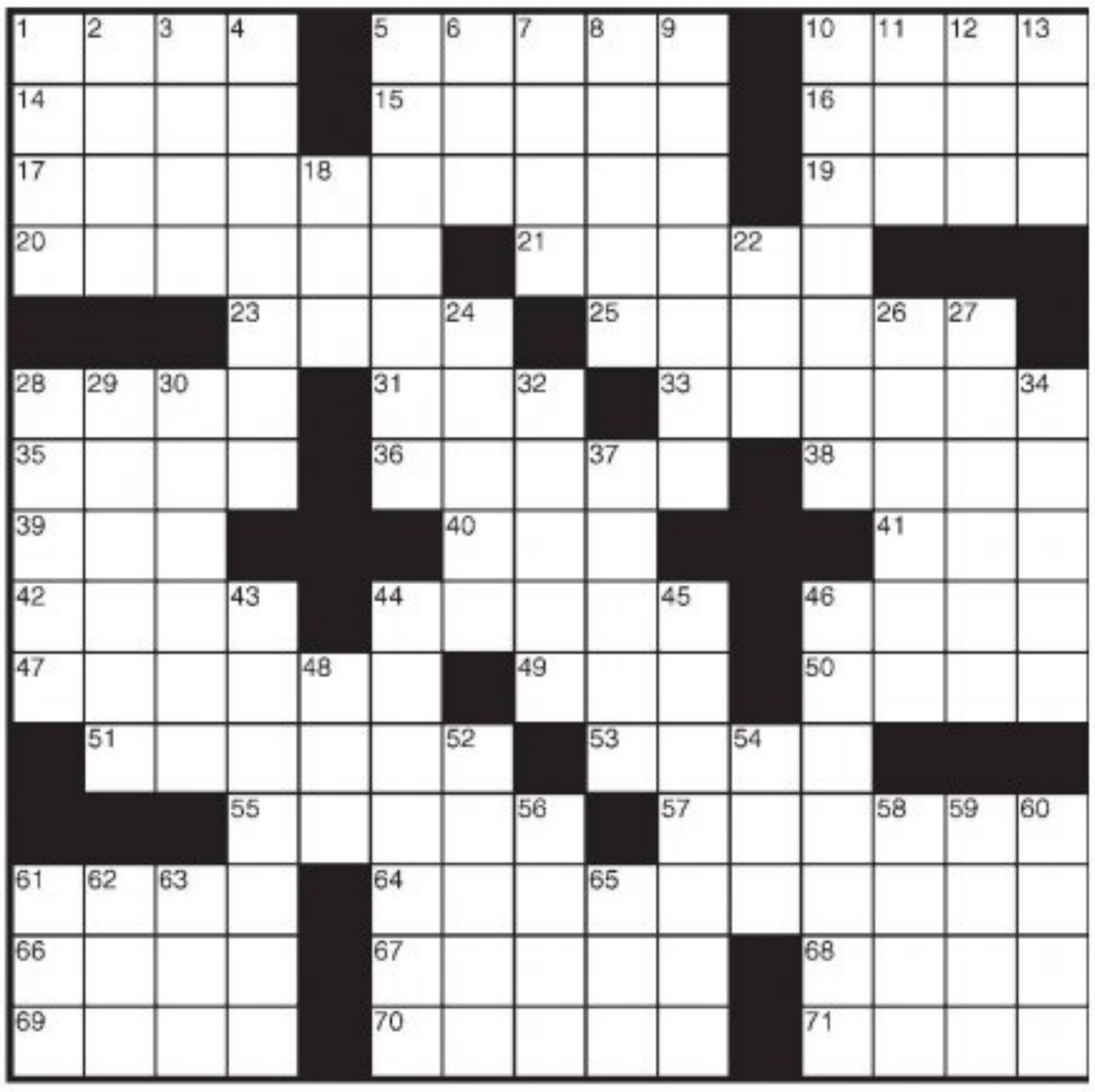
46 Leprechaun land
48 Cotton gin name
52 Serious play
54 Forest mom
56 Neatnik opposite
58 Huron neighbor
59 Lalique or Descartes
60 Mineral deposits
61 Birthday no.
62 Debtor's note
63 Okra morsel
65 Cousteau's summer



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easy

		9			1		7	6
4	5	1	7					2
	2						1	
			6	8				
1		3				5		8
				5	9			
	7						6	
9					5	7	2	4
3	8		4			1		

hard

	2		4			1		
					8			
5		3		2				6
3			1	4	9	6		8
			5	8	6			
6		4	7	3	2			1
4				5		3		7
			8					
		1			4		5	

metro.us/horoscopes

Aries Delve into private matters to find a way to justify what is going on and the best way to handle the fallout. Knowledge will be the tool to help offset a mistake.

Taurus Open up to a partner to develop a better rapport that will encourage greater opportunities both personally and professionally. Romance will improve a relationship.

Gemini Offering help to one of your peers will ensure that you get something in return when you need it. If you make your motives clear, you won't be disappointed.

Cancer Personal changes should be welcome. Physical, mental and spiritual alterations will result in more confidence and will encourage you to share your feelings and intentions.

Leo Find a practical plan and get moving. Use your imagination, not your credit card, to come up with a viable solution that won't incur debt.

Virgo Learn about anyone you are planning to team up with before you make a commitment. Whether the relationship is personal or professional, a background check is advisable.

Libra Use what you know or do well in applying for a job or providing a service that will bring in extra cash. An energetic, positive attitude will improve your prospects.

Scorpio You'll be sensitive, and it could result in tension between you and a co-worker. Adjust to whatever situation you face to avoid falling behind.

Sagittarius Your generous spirit will be welcomed by those needing help, but before you step in, consider if you are being taken for granted and set some boundaries.

Capricorn Add a little finesse to whatever job you are given. Use your imagination and incorporate a unique twist to an old idea. Hard work will bring you closer to a lifelong goal.

Aquarius You'll be tempted to take on too much, causing you to fall short. If you commit to the offers or ideas that make the most sense, you will prosper.

Pisces Don't wait for someone else to take the reins. Stand up and be counted. You have plenty to gain if you are willing to take a chance on a promising venture. EUGENIA LAST

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R	E	A	R		S	C	R	E	W		G	A	L	S
I	S	L	E		T	R	E	V	I		E	M	I	T
O	T	I	S		R	U	B	E	S		L	O	B	O
T	A	T	T	L	E	D		S	H	E	A	R	E	R
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A	W	A	R	D	S		H	A	I	T	I			
L	E	V	E	E		C	O	B	S		N	A	R	C
A	P	E		N	A	I	V	E	T	E		S	O	L
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			O	R	S	O	N		E	L	O	P	E	D
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R	A	I	D	E	R	S		D	A	N	G	E	R	S
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S	I	T	U		N	O	I	S	E		O	S	L	O
E	D	A	M		S	T	A	T	S		W	A	L	T

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